




Monday	Tuesday	Wednesday	Thursday	Friday
 <b>May 10th</b>				<b>1</b> 8:30 Exercise w/Jan 10:00 Line Dancing 12:30 Movie/Cards 12:30 Art Class 1:00 Computer Class
<b>4</b> 9:30 Quilting 10:00 Line Dancing <b>10:00 Manicurist</b> <b>10:30 ESTHETICIAN</b> 12:30 Mah Jong 1:00 Cards 1:00 Yoga w/Joan 2:00 Falun Gong	<b>5</b> 9:30 Weight Lifting 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet <b>12:30 Steering Committee</b> 1:00 Cards 1:30 Oil Painting 1:00 Piano Sing-a-long	<b>6</b> 8:30 Exercise w/Jan 8:30 Podiatrist <b>9:00 Blood Pressure</b> <b>10:00 Friends meeting</b> <b>10:00 Seamstress-Diane Maruzzi</b> 1:00 Bingo  6:00 Quilter's Guild	<b>7</b> <b>8:30 Law office of Spano &amp; Dawicki</b> 9:00 Whist 9:00 Podiatrist 10:00 Bible Study 12:30 Cards 1:00 Chair Yoga 1:00 Piano Sing-a-long	<b>8</b> 8:30 Exercise w/Jan 10:00 Line Dancing 12:30 Movie/Cards 12:30 Art Class 1:00 Computer Class
<b>11</b> <b>9:00 LinneaStar</b> 9:30 Quilting <b>9:30 TRAUD</b> 10:00 Line Dancing <b>10:00 Manicurist</b> 12:30 Mah Jong 1:00 Cards 1:00 Yoga w/Joan 2:00 Falun Gong <b>2:00 Board Meeting</b>	<b>12</b> 9:30 Weight Lifting 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet <b>12:30 Caregiver's Support Group</b> 1:00 Cards 1:30 Oil Painting 1:00 Piano Sing-a-long	<b>13</b> 8:30 Exercise w/Jan 8:30 Podiatrist <b>9:00 Blood Pressure</b> <b>10:00 Seamstress-Diane Maruzzi</b> <b>11:30 SAUGUS FIRE SAFETY PRESENTATION</b> 1:00 Bingo	<b>14</b> 9:00 Whist 9:00 Podiatrist <b>12:30 Association Meeting/Spring Fling @ the Continental</b> 10:00 Bible Study 12:30 Cards 1:00 Chair Yoga 1:00 Piano Sing-a-long	<b>15</b> 8:30 Exercise w/Jan 10:00 Line Dancing 12:30 Movie/Cards 12:30 Art Class 1:00 Computer Class
<b>18</b> 9:30 Quilting 10:00 Line Dancing <b>10:00 Manicurist</b> 12:30 Mah Jong 1:00 Cards 1:00 Yoga w/Joan 2:00 Falun Gong	<b>19</b> <b>9:30 Blood Pressure</b> 9:30 Weight Lifting 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School <b>11:30 SPECIAL BREAKFAST @ LUNCH &amp; SING-A-LONG</b> 12:15 Knit & Crochet 1:00 Cards 1:30 Oil Painting 1:00 Piano Sing-a-long	<b>20</b> 8:30 Exercise w/Jan <b>10:00 Massage Therapy by apt</b> <b>10:00 WALMART PHARMACY</b> <b>10:00 PRESENTATION-LEARNING TO REDUCE STRESS AND PAIN WITH SALLY PALMER</b> <b>10:00 Seamstress-Diane Maruzzi</b> 1:00 Bingo	<b>21</b> 9:00 Podiatrist 9:00 Whist 10:00 Bible Study 12:30 Cards 1:00 Chair Yoga 1:00 Piano Sing-a-long  <b>PIZZA PARTY/DANCE 5:30-8:30 \$7.00</b> 	<b>22</b> 8:30 Exercise w/Jan 10:00 Line Dancing 12:30 Movie/Cards 12:30 Art Class 1:00 Computer Class
<b>25</b> <b>Center Closed</b>  <b>Memorial Day</b>	<b>26</b> 9:30 Weight Lifting 10:00 SHINE REP. by appointment only 10:00 Furniture refinishing & Restoring w/chair caning @ Saugus High School 12:15 Knit & Crochet <b>12:30 Caregiver's Support Group</b> 1:00 Cards 1:30 Oil Painting 1:00 Piano Sing-a-long	<b>27</b> 8:30 Exercise w/Jan 8:30 Podiatrist <b>10:00 Seamstress-Diane Maruzzi</b> 1:00 Bingo	<b>28</b> 9:00 Whist 10:00 Bible Study 12:30 Cards 1:00 Chair Yoga 1:00 Piano Sing-a-long	<b>29</b> 8:30 Exercise w/Jan 10:00 Line Dancing 12:30 Movie/Cards 12:30 Art Class 1:00 Computer Class